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OREGON FREEZE  
DRY FOODS, INC.  
PH: 503/926-6001

**Easy Meal** The woman pictured below is sitting down to a nutritious, easily-prepared meal similar to those consumed by Apollo astronauts. The appetizing dishes shown were created simply by adding water to the contents of a Mountain House\* Easy Meal package of freeze dried food.

The Easy Meal line is produced by Oregon Freeze Dry Foods, Inc., Albany, Oregon, a pioneer in freeze drying technology and a company long associated with NASA in developing suitable preparations for use on manned spacecraft. Designed to provide nutritionally balanced, attractive hot meals for senior adults, Easy Meal is an offshoot of a 1975-77 demonstration project managed by Johnson Space Center and called Meal System for the Elderly. The project sought ways to help the estimated 3.5 million elderly Americans who are unable to take advantage of existing meal programs. Such services are provided by federal, state and local agencies, but they are not available to many who live in rural areas, or others who are handicapped, temporarily ill or homebound for other reasons.

Oregon Freeze Dry Foods was a participant in that multi-agency cooperative project. With its Easy Meal assortment of convenience foods pictured above left, the company is making commercially available meal packages similar to those distributed in the Meal System for the Elderly program.

In the freeze drying process, water is extracted from freshly-cooked foods by dehydration at very low temperatures, as low as 50 degrees below zero. Flavor is locked in by packaging the dried food in pouches which block out moisture and oxygen, the principal causes of food deterioration; thus the food can be stored for long periods without refrigeration. Meals are reconstituted by adding hot or cold water, depending on the type of food, and they are table ready in five to 10 minutes. Oregon Freeze Dry Foods offers five different meal packages and plans to expand the line.

\*Registered trademark, Oregon Freeze Dry Foods, Inc.



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